



KNOW HOW TO GET QUALITY SLEEP

- ➔ Sleep is the MOST critical behavior to achieve physical, mental, and emotional health.
- ➔ You need 7 – 8 hours of sleep every night.
- ➔ Learn how to create healthy sleep habits that will leave you feeling refreshed at the start of your day.

Performance TRIAD
Make Sleep
a Priority

Zz



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION AT
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